



# Ypsi Mix

312 N River Street, Ypsilanti MI

734-483-1520

www.ypsifoodcoop.org

## Vendor of the Month: Ope's Patties

—By Lisa Bashert



You asked for Ope's and now the Co-op carries these popular—and tasty—

vegan burgers in both Black Bean and Veggie (in the large freezer case).

Ope's was founded ten years ago by Dr. Richard Oppenlander out of a concern for food choice and its impact on our world and our health.

Ope's has added a "Made in Michigan" logo to their labeling, displaying their commitment to using the freshest and most locally-grown/-produced ingredients possible. Ope's

decided to give up its USDA organic certification in 2012. They believe that it's more important to work with local farmers so they can see where produce is grown and use it fresh, directly from Ope's own gardens and the gardens in the area. Many Kalamazoo area farms cannot afford to through the USDA organic certification process. Ope's trusts local farmers more than organic produce that might be coming from as far away as Mexico. (See our article in Nov 2012 Ypsi Mix on the difficult issues of organic certification vs local.)

In June, Ope's became Vegan Certified, meaning that every-

thing within their facility, every ingredient, right down to the cleaning supplies, is free of animal by-products.

Due to a concern about food allergies, Ope's recently decided to switch cheese companies. The cheese is delicious and melts and looks like a dairy cheese, but it is tapioca-based and is gluten-free, vegan, and heart-healthy. It's an outstanding cheese that has won several awards as the best-tasting vegan cheese on the market.

Try Ope's in the new year!



## Goodbye to the International Year of Co-ops!

—By Lisa Bashert



In 2012, the United Nations declared a celebration of the International Year of Cooperatives. We learned online about how the Seven Cooperative Principles are lived out in co-ops near and far through [Stories.coop/](http://Stories.coop/) and [Stronger-together.coop](http://Stronger-together.coop). We tracked the cross-country tour of Co-cycle, a youth biking co-op. We celebrated with the Washtenaw Community

Action Team. We wrote articles in the Ypsi Mix and featured highlighted products made by co-ops in the store.

In September and October, YFC celebrated our history with "Back to the Co-op Future."

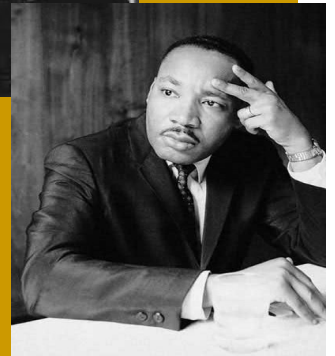
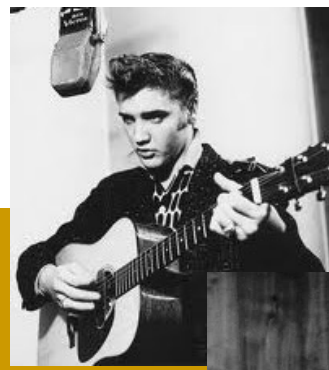
It was an exciting, fun, and educational year. We'll miss you in 2013, IYC!

# Kingly Celebrations

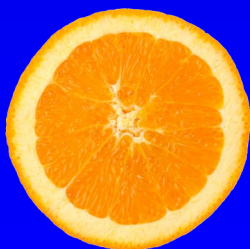
January 1st marks the beginning of the New Year on the Roman calendar, which means we've all got some New Year's resolutions to whip up. Will you keep yours?

Elvis Presley, the king of rock 'n roll, was born on January 8th, 1935 and would have been celebrating his 78th birthday this year. Celebrations are held all over the world by Elvis fans. We've heard that he's been seen in Ypsilanti at the Visitor & Convention Bureau!

Every third Monday in January (1/21/13) is set aside to honor Dr. Martin Luther King Jr. Upset that African-Americans had to ride in the back of public buses, among other many other inequities, King convinced others who didn't agree with the law not to use public transit. After 382 days of protest, the Supreme Court ruled that the Alabama State law had to be changed.



*During Chinese  
New Year (begins  
February 10th),  
Mandarin oranges  
are considered  
traditional symbols  
of abundance and  
good fortune*



## A Peek at Produce

—By Jen Whaley, produce manager

For fruit lovers, eating in season is more challenging at this time of year; many turn to citrus fruits to satisfy their winter cravings. While not grown locally, oranges, lemons, and grapefruit flourish in the southern and western U.S. Oranges are by far the most popular, as the most cultivated tree fruit in the world for the last 25 years. And in recent years, this obsession has yielded an influx in the availability of some lesser-known varieties. So what's the difference? Sweet oranges are typically either navel or Valencia; navel has a thicker skin, less juice, and is easier to peel, making it a favorite eating orange — the Cara Cara navel is

sweeter and lower in acid. Valencia is a late-season fruit, filling in when navel is out of season; it is sweeter and juicier, but the thinner skin can make it harder to peel. Mandarin oranges are both sweet and easy to peel, explaining the wide popularity of cultivars like clementines, satsumas, and tangerines, as well as hybrids like the

tangelo (tangerine crossed with pomelo or grapefruit). And if you needed another reason to love them, during Chinese New Year (begins February 10th), Mandarin oranges are considered traditional symbols of abundance and good fortune!



# Pro-GMO Corporations' Next Trick

The big agri-chemical companies that spent \$44 million to defeat Prop 37 in California have had their lobbyists insert a dangerous biotech policy rider into the 2013 Agricultural Appropriations Bill. Bottom line? The proposal will

provision ignores those concerns. It's specifically intended to force the Department of Agriculture (USDA) to approve genetically engineered crops — despite the fact that we don't know the impact.

Though wrapped in misleading "farmer-friendly" language, this provision is simply an industry ploy. If a GMO crop approval violated the law, this proposal would allow the continued planting and commercialization of genetically engineered crops while further review of its possible impacts takes place.

Will you take a minute to tell your Representative to support the [DeFazio letter](#) opposing this proposal and urge your Senator to stop the biotech rider? To take action, visit <http://justlabelit.org/>.



reduce the oversight of genetically engineered foods.

A threat to the environment? Economic risk to farmers? This

—adapted from [JustLabelIt.org](http://JustLabelIt.org)



You care about food and what we feed our families and children. You've stood up for labeling. So please, help fight this latest attack on our right to know. Don't let the chemical industry create loopholes that will expand the use of GMOs without proper safety review.

In January, watch for our Co-op display of the non-GMO foods that we carry!

## Monday January 7, 6:00-8:00pm Monthly Permaculture Meeting 922 W Michigan Avenue, Ypsilanti

Join 'Abundant Michigan' for our monthly permaculture meeting at the Growing Hope Center. Entitled, "*Practicing within the Forest and Resource Economy*," we will take stock of our current resources and plan practical steps towards abundance in 2013 and beyond! Suggested donation: \$10 or trade equivalencies.

**Friday January 11**  
**Potluck 6:00pm, Film 7:00pm**  
**Film: "Fixing The Future"**  
**Downtown Ypsi Library,**  
**229 W Michigan Ave, Ypsilanti**  
Immediately following the 6pm Growing Hope Community Potluck—all are invited! The Sustainability Film



Series is co-sponsored by YFC, the Ypsi District Library, Growing Hope, and Transition Town Ypsi. "Fixing The Future" features African-American worker-owned Evergreen Cleaning, a time bank in Portland Maine, and a Latina-run restaurant.

## Sat 1/05 4pm and Mon 1/14 6pm New Member Orientation

**at the Co-op, 312 N River Street, Ypsilanti**  
"Get to Know Your Co-op!" with a presentation and a tour of the Food Co-op. New members especially invited. Strong chance of Bakery treats provided!

January Events



## YPSILANTI FOOD CO-OP

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### Editor

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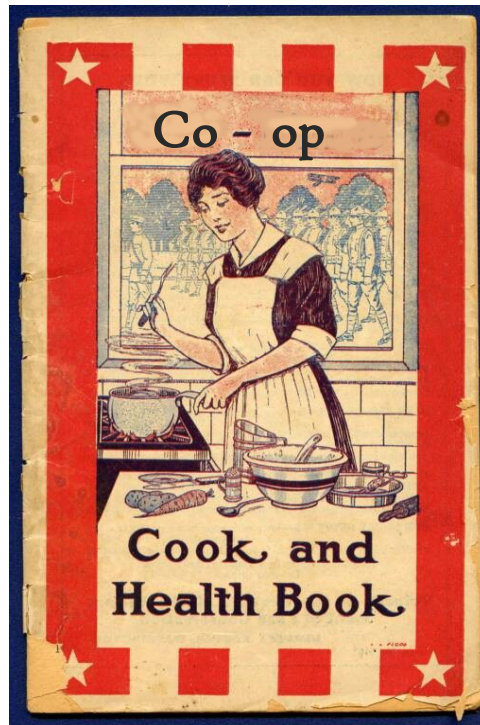
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### Special Thanks to:

*Jen Whaley and all our coordinators, volunteers and members*

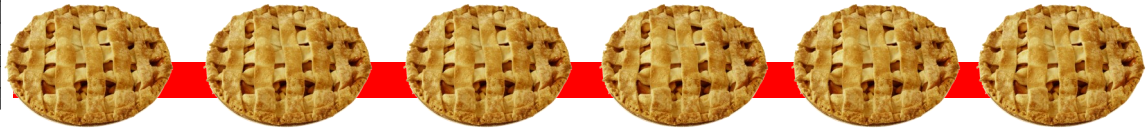
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*Standard Printing, Ypsilanti, MI  
Printed on 100% recycled paper  
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of Niles, MI*



## WE WANT YOU!

to **CONTRIBUTE** to our Co-op  
**Cook Book!** Do your duty for  
your cooperative! Drop off your  
favorite recipes at the checkout  
counter or email them to Clara  
at [clara@ypsifoodcoop.org](mailto:clara@ypsifoodcoop.org)



# It's Soup Season: Winter Vegetable Soup

—adapted from [epicurious.com](http://epicurious.com)

3 TBSP olive oil  
1 cup coarsely chopped onion  
1 cup peeled, cored and coarsely  
chopped Rome or Gala apple  
1 cup peeled chopped parsnip  
1 cup peeled chopped butter-  
nut squash  
1 cup diced carrot  
1 cup peeled, chopped sweet  
potato  
5 cups vegetable (or chicken)  
stock  
2 TBSP maple syrup  
Cayenne pepper  
1 small River Street baguette  
3 oz goat cheese  
1/4 cup chopped fresh herbs

Heat oil in a large saucepan  
on medium-high heat. Add  
onion and sauté until translu-  
cent. Add apple, parsnip,  
squash, carrot, and sweet  
potato; season with salt,  
then sauté 5 minutes.

Add stock, bring to a boil and  
simmer, stirring occasionally,  
about 30 minutes or until  
vegetables are tender. Add  
syrup, then cayenne pepper to  
taste. Cool slightly. Puree with  
a handheld mixer, food proc-  
essor or blender.

For toast toppers, cut 6 slices  
of baguette and toast them.  
Spread 1/2 oz goat cheese on  
top of each; sprinkle with  
chopped herbs. Pour soup into  
6 large bowls; float toast on  
top (optional).



**Creamy, nutritious, and low-fat**